

FFSC CLASS/EVENTS CALENDAR

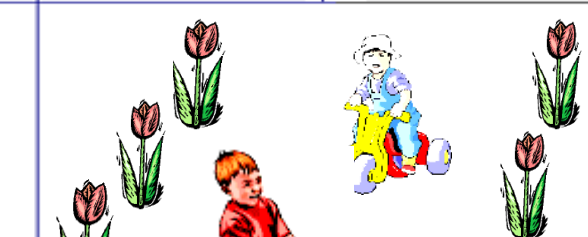
APRIL 2003

Month of the Military Child

Legend:

PH – Port Hueneme Site

PM – Point Mugu Site

Monday	Tuesday	Wednesday	Thursday	Friday
	1 Playgroup PM Chapel 9-11am	2 PFM PH 8-4pm	3 Play Group PH Chapel 11-Noon Write Fed Resume PM 1-4pm	4
7 Executive TAP PH 8-4pm	8 Executive TAP PH 8-4pm Playgroup PM Chapel 9-11am	9 Base Indoc PH 7:30-4pm Executive TAP PH 8-4pm PFM PH 8-4pm	10 Base Indoc PH 7:30-4pm Executive TAP PH 8-4pm Play Group PH Chapel 11-Noon Write Fed Resume PH 1-4pm Couples' Communication PM 6:30-8pm	11 Base Indoc PH 7:30-4pm
14	15 Playgroup PM Chapel 9-11am Birth Basics PH 5:30-8pm	16 PFM PM 8-4pm	17 Write Fed Resume PH 9-Noon Play Group PH Chapel 11-Noon Homebuying PM 6-8pm Postpartum Support Group PM 6-7:30pm Couples' Communication PM 6:30-8pm	18
21 TAP PM 8-4pm	22 TAP PM 8-4pm Playgroup PM Chapel 9-11am Birth Basics PH 5:30-8pm	23 TAP PM 8-4pm PFM PH 8-4pm	24 TAP PM 8-4pm Anger Mgmt PM 9-11am Play Group PH Chapel 11-Noon Write Fed Resume PM 1-4pm Couples' Communication PM 6:30-8pm	25
28 CFS Training PM 7:30-4pm Write Fed Resume PM 6-8pm	29 Playgroup PM Chapel 9-11am CFS Training PM 7:30-4pm Birth Basics PH 5:30-8pm Savings & Investments PH 6-8pm	30 CFS Training PM 7:30-4pm Boot Camp for Dads PM 6-9pm		

*Happy Spring from
your FFSC team!*

FFSC CLASS/EVENTS CALENDAR



MAY 2003

Military Spouse Appreciation Month

Legend:

PH – Port Hueneme Site

PM – Point Mugu Site

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Spouses –</p> <p>Thanks for your support!</p> 			<p>1</p> <p>CFS Training PM 7:30-4pm Anger Mgmt PM 9-11am Play Group PH Chapel 11-Noon Write Fed Resume PM 1-4pm Parenting Skills PM 2-4pm Couples' Communication PM 6:30-8pm</p>	<p>2</p> <p>CFS Training PM 7:30-4pm</p>
<p>5</p> <p>Executive TAP PM 8-4pm</p>	<p>6</p> <p>Executive TAP PM 8-4pm Play Group PM Chapel 9-11am Parenting Ages 0-4 PH 10-1130am Birth Basics PH 5:30-8pm</p>	<p>7</p> <p>Executive TAP PM 8-4pm PFM PH 8-4pm</p>	<p>8</p> <p>Executive TAP PM 8-4pm Anger Mgmt PM 9-11am Play Group PH Chapel 11-Noon Parenting Skills PM 2-4pm</p>	<p>9</p>
<p>12</p>	<p>13</p> <p>Play Group PM Chapel 9-11am Parenting Ages 0-4 PH 10-1130am Birth Basics PH 5:30-8pm Successful Step-Families PH 6:30-8pm</p>	<p>14</p> <p>Base Indoc PM 7:30-4pm PFM PM 8-4pm</p>	<p>15</p> <p>Base Indoc PM 7:30-4pm Anger Mgmt PM 9-11am Play Group PH Chapel 11-Noon Parenting Skills PM 2-4pm Postpartum Support Grp PH 6-7:30pm</p>	<p>16</p> <p>Base Indoc PM 7:30-4pm</p>
<p>19</p> <p>TAP PH 8-4pm</p>	<p>20</p> <p>TAP PH 8-4pm Play Group PM Chapel 9-11am Parenting Ages 0-4 PH 10-1130am Birth Basics PH 5:30-8pm Homebuying PH 6-8pm Successful Step-Families PH 6:30-8pm</p>	<p>21</p> <p>TAP PH 8-4pm Baby Shower PM 6-8pm</p>	<p>22</p> <p>TAP PH 8-4pm Anger Mgmt PM 9-11am Play Group PH Chapel 11-Noon Parenting Skills PM 2-4pm</p>	<p>23</p>
<p>26</p> <p>Memorial Day - Holiday</p> 	<p>27</p> <p>Play Group PM Chapel 9-11am Successful Step-Families PH 6:30-8pm</p>	<p>28</p> <p>PFM PH 8-4pm</p>	<p>29</p> <p>Play Group PH Chapel 11-Noon Parenting Skills PM 2-4pm Savings & Investments PM 6-8pm</p>	<p>30</p> <p>Military Family Day Fair PH front of NEX 11:30-4:30pm</p>

FFSC CLASS/EVENTS CALENDAR

JUNE 2003



Relocation Assistance Month

Legend:

PH – Port Hueneme Site

PM – Point Mugu Site

Monday	Tuesday	Wednesday	Thursday	Friday
2 Executive TAP PH 8-4pm Anger Mgmt PH 4-6pm	3 Executive TAP PH 8-4pm Play Group PM Chapel 9-11am Stress Mgmt PH 2-3:30pm Keeping Safe in Personal Relationships PH 5:30-7:30pm Infant Massage PM 6-7:30pm	4 Executive TAP PH 8-4pm PFM PH 8-4pm	5 Executive TAP PH 8-4pm Play Group PH Chapel 11-Noon	6
9 CONSEP PH 8-4pm Anger Mgmt PH 4-6pm	10 CONSEP PH 8-4pm Play Group PM Chapel 9-11am Stress Mgmt PH 2-3:30pm Keeping Safe in Personal Relationships PH 5:30-7:30pm Infant Massage PM 6-7:30pm	11 Base Indoc PH 7:30-4pm CONSEP PH 8-4pm	12 Base Indoc PH 7:30-4pm CONSEP PH 8-4pm Play Group PH Chapel 11-Noon	13 Base Indoc PH 7:30-4pm
16 TAP PM 8-4pm SAVI Trng PH 8:30-4pm Anger Mgmt PH 4-6pm	17 TAP PM 8-4pm SAVI Trng PH 8:30-4pm Play Group PM Chapel 9-11am Stress Mgmt PH 2-3:30pm Keeping Safe in Personal Relationships PH 5:30-7:30pm	18 TAP PM 8-4pm PFM PM 8-4pm SAVI Trng PH 8:30-4pm	19 TAP PM 8-4pm SAVI Trng PH 8:30-4pm Play Group PH Chapel 11-Noon Homebuying PM 6-8pm Postpartum Support Group PM 6-7:30pm	20 SAVI Trng PH 8:30-4pm
23 Anger Mgmt PH 4-6pm	24 Play Group PM Chapel 9-11am Stress Mgmt PH 2-3:30pm Keeping Safe in Personal Relationships PH 5:30-7:30pm Savings & Investments PH 6-8pm	25 PFM PH 8-4pm	26 Play Group PH Chapel 11-Noon	27 Heartburn to Hiccups PH 5:30-8pm
30 Anger Mgmt PH 4-6pm	SEXUAL ASSAULT VICTIM INTERVENTION (SAVI) TRAINING Join NBVC's SAVI Program. Military and Civilian personnel welcome! Learn victim advocacy, medical & legal concerns, reporting issues and Command responsibilities. Training is 16-20 June, 0830-1600 at FFSC PH. Call 982-5037 or 989-8146 to register.			
	KEEPING SAFE IN YOUR PERSONAL RELATIONSHIPS A 6-week educational program for women who have experienced family violence will be hosted by the FFSC. Topics include legal alternatives, community resources, rights and responsibilities, children who witness violence and creating a safety plan. Learn how the Family Advocacy Program can assist you. Registration required. Your safety is our prime concern! FFSC Port Hueneme - Tuesdays, 3 Jun-8 Jul, 5:30-7:30pm			